

# GRACE LUTHERAN COMMUNION BREAD RECIPE



Thank you for being a communion bread baker at Grace! On a normal weekend Grace will distribute approximately 12 loaves of communion bread made by two bakers. Below you will find the recipe printed two ways—as a 3-loaf recipe and as a 6-loaf recipe. You may bake it whichever way is convenient for you and your kitchen—as long as you end up with 6 loaves in the end!

Package the bread loaves in groups of 3 in zip-lock-style gallon-sized freezer bags labeled with the date the bread was baked. In the event not all the bread is used during communion we will either offer the bread for people to eat at the coffee table or will freeze it for future use.

## 3-Loaf Communion Bread Recipe

Preheat oven to 350 degrees.

Combine in bowl:

- 1 ½ cups whole wheat flour—must use whole wheat flour!!!!
- ½ cup white flour
- ¼ teaspoon salt
- ¾ teaspoon baking soda

Add 2 teaspoons vegetable oil and mix well.

Add:   ¾ cups cold water  
          2 tablespoons molasses  
          1 tablespoon honey

Knead several minutes on a surface floured with whole wheat flour. You will need to add extra wheat flour while kneading until the dough is not sticky. Divide into three equal parts. Roll each part out to a thin 7-inch circle—so that when cooked it resembles a flat pita bread. Press a knife part way into the center of each loaf to make the mark of a cross. Bake 10-12 minutes on an ungreased baking sheet and cool on baking rack.

## 6-Loaf Communion Bread Recipe

Preheat oven to 350 degrees.

Combine in bowl:

- 3 cups whole wheat flour—must use whole wheat flour!!!
- 1 cup white flour
- 1/2 teaspoon salt
- 1 1/2 teaspoon baking soda

Add 6 teaspoons vegetable oil and mix well.

Add:   1 1/2 cups cold water  
          4 tablespoons molasses  
          2 tablespoon honey

Knead several minutes on a surface floured with whole wheat flour. You will need to add extra wheat flour while kneading until the dough is not sticky. Divide into six equal parts. Roll each part out to a thin 7-inch circle—so that when cooked it resembles a flat pita bread. Press a knife part way into the center of each loaf to make the mark of a cross. Bake 10-12 minutes on an ungreased baking sheet and cool on baking rack.